Toronto metro

WEEKEND, JANUARY 13-15, 2017

The New
2017 Tucson
2.0 Premium AWD

Lease for only **$79** Weekly | At **0%** | For **36** Months
With $1,500 down or trade-in equivalent[1]

	Hyundai Tucson Premium AWD	Honda CR-V LX AWD	Toyota RAV4 LE AWD
Heated Steering Wheel	✓	✗	✗
Heated Front & Rear Seats	✓	✗	✗
Blind Spot Detection	✓	✗	✗
5 Year Warranty	✓	✗	✗

Ultimate model shown ♦

The New
2017 Santa Fe Sport
2.4L FWD

Finance for only **$79** Weekly | At **0.9%** | For **84** Months†
With $2,000 down or trade-in equivalent

	Hyundai Santa Fe Sport 2.4L FWD	Chevy Equinox FWD	Toyota RAV4 LE FWD
Heated Front Seats	✓	✗	✓
17" Alloy Wheels	✓	✓	✗
Hill Descent Control	✓	✗	✗
5 Year Warranty	✓	✗	✗

Ultimate model shown ♦

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Toronto metro

Your essential daily news | WEEKEND, JANUARY 13-15, 2017 | High -2°C/Low -10°C Mix of sun and cloud

THE EAGLES HAVE LANDED

... all over the city's west end (sorry, America)

May Warren
Metro | Toronto

No, they're not fleeing Donald Trump's America. But, they are making a comeback.

Bald eagles are flocking to Toronto — a trend that's being billed as a conservation success story by environmentalists.

People in Toronto's west end have been spotting them occasionally this winter, and eagle-eyed bird watchers are noticing them as often as every few weeks, said Emily Rondel, Toronto projects coordinator at Bird Studies Canada.

Only a few decades ago the birds were close to extinction and on the endangered list, threatened by DDT, a chemical used in pesticides. But, since it's been banned, things have slowly turned around, and they've been downgraded from endangered to a species of "special concern."

"They're making a pretty remarkable recovery," Rondel said.

The birds of prey still face threats, she added, such as waterfront developments that infringe on their habitats. But, in general things, are looking up.

Rondel said it's not clear where Toronto's eagles are coming from. They may have flown from nests along Lake Erie and Hamilton or migrated from further north.

It's also hard to know exactly how many are here because that requires banding and tracking, she said.

Richard Thomas was surprised to recently catch a glimpse of two bald eagles fighting in a tree in his Bloor West Village neighbourhood.

"I was outside with the kids and saw this squeaking and screeching," he said. "They're very impressive."

He saw another one soaring along the Lakeshore just after Christmas.

Bald eagles flocking to Toronto, like this one spotted near High Park last month, is a trend being billed as a conservation success story. COURTESY RICHARD THOMAS

INDIGENOUS FILMMAKERS BRING URGENCY TO SUNDANCE
metroLIFE

YOU ARE GOING TO DIE
But this monthly 'death café' in the Annex is hoping to make it less terrifying
metroNEWS

Joe, bro
Biden honoured in surprise ceremony
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Wise customers read the fine print: **, ◊, ≈, § The Big New Year New Deals Sales Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers on or after January 4, 2017. Offers subject to change and may be extended or changed without notice. All pricing includes freight ($1,795), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. **15% to 30% off MSRP discount available to retail customers on the purchase/lease of all in-stock 2016 models at all participating retailers from January 4 to 16, 2017. Discounts are calculated based on MSRP plus options, freight, A/C and tire charge and will be deducted from the negotiated price before taxes. Percentage off MSRP discount cannot be combined with any other bonus cash or consumer cash offer. Retailer may sell for less. See retailer for complete details. ◊Cash Discounts is based on 30%/30%/20%/20%/25% off MSRP of 2016 Dodge Grand Caravan SXT/2016 Dodge Grand Caravan CVP/2016 Jeep Cherokee/2016 Dodge Journey/2016 Jeep Patriot, plus freight. A/C and tire charge will be deducted from the negotiated price before taxes. ≈Non-prime financing available on select models on approved credit. 4.99%/6.99% financing available on select 2016 models. Financing examples: Purchase Price of $30,000 with a $1,000 down payment, financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of $189/$202 with a cost of borrowing of $5,418.76/$7,753.86 and a total finance obligation of $34,418.76/$36,753.86. Some conditions apply. See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. [1]Based on 2014 WardsAuto Middle Cross Utility segmentation. [2]Based on the latest available competitive information and WardsAuto Middle Cross Utility segmentation. Excludes other vehicles designed and manufactured by FCA US LLC. Based on availability of I-4 and V6 powertrains, front-wheel drive and all-wheel drive, 5- and 7-passenger seating, second-row removable in-floor storage bins, integrated child booster seats, front-passenger in-seat storage and forward fold-flat front passenger seat. [3]Based on 2014 WardsAuto Sport and Cross Utility segmentations. ®Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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DODGE CARAVAN KIDS

metro NEWS

Your essential daily news

Westwood: Obama's goodbye and Trump's media hello couldn't have been more different. **World**

Trauma network to help victims thrive

SUPPORT SERVICES

Woman, St. Mike's team to help survivors with programs

Luke Simcoe
Metro | Toronto

When Margaret Harvey was recovering from being run over by a garbage truck in 2012, she found it hard to access support services.

"When you get out of the hospital, you're on your own," she said. "There was nobody who could relate to what I'd been through."

Harvey's hoping a trauma survivors network she's working with St. Michael's Hospital to establish can make a difference. Dubbed My BeST (Beyond Surviving to Thriving), the program will provide trauma outpatients with more follow-up and peer support.

"I want to help people who are going through trauma connect with people who have gone through it and come out the other side," Harvey said. "I've met people 10 years on, and they're still mentally in their trauma. This group will help people like that."

Margaret Harvey was run over by a garbage truck while cycling along Gerrard Street in 2012. She's working to establish a trauma survivors group at St. Michael's Hospital. EDUARDO LIMA/METRO

Hospital spokeswoman Leslie Shepherd said details are still being worked out, but the initiative aims to launch in the spring.

Harvey was cycling in the Gerrard Street bike lane when she was hit. The truck's tires completely shattered her pelvis. She was rushed to St. Michael's, where she underwent emergency surgery and received 38 blood transfusions.

Doctors told her husband that she only had a 30 per cent chance of survival.

In the months that followed, as Harvey defied the odds and struggled to rebuild her life, she found support services were "self-directed" at best.

Whether it was navigating the insurance system, coping with post-traumatic stress or finding a lawyer to fight a lengthy legal battle, she was "alone."

Fortunately, she had a family and other resources to rely on.

"If I had been a single mom without private insurance I would have been screwed," she said.

> **What happened to me was awful, and I'm trying really hard to make it not awful for others.** Margaret Harvey

FINDING AID

More support for victims and their families

A separate support group for road violence survivors is also launching soon. Friends and Families for Safe Streets will have its first advocacy meeting on Jan. 24 at Metro Hall (55 John St.). If someone you know was killed or seriously injured in a collision, you can contact advocacy@ffsafestreets.ca to RSVP.

CANADA 150

Ontarians, Albertans top users of park pass

Lucie Edwardson
Metro | Calgary

Ontarians and Albertans and are top of the list when it comes to taking advantage of Parks Canada's free park passes in celebration of Canada's 150th birthday.

Natalie Fay, chief of media relations at Parks Canada, said as of Dec. 1, 2016, they had received more than 2 million orders for free 2017 discovery passes — but she said not to worry if you haven't picked yours up yet.

"There was a bit of confusion around this, but the passes are actually available for order or for pick-up at any of our Parks Canada locations across the country for the entire year," she said.

Usually a family discovery pass costs $136.40, but Fay said it's thanks to $83.3 million in funding (to be spread out over five years) from the federal government, that has made the free discovery passes possible. It will also make it possible for Parks Canada to offer free admission to children under 18 beginning in 2018.

Some fees within the Parks Canada locations — like camping, firewood and activity fees — will still apply, but entrance to parks is free for the year.

Fay said there has been an overwhelming response to the free discovery passes celebrating Canada's 150. Fay said although they don't have exact numbers yet, their initial count has the most orders coming from Ontario and Alberta.

"It's definitely been more than we would usually see, but we're certainly happy to see people ordering their passes," she said.

Fay said Parks Canada will be offering many programs to celebrate 150, including their learn-to-camp program for first time campers, citizen science programs and special programming at national historic sites like Bar U Ranch, Rocky Mountain House and Cave and Basin — the birthplace of our national parks.

Point Pelee in Ontario. Park-goers in Ontario and Alberta are making the most out of free park passes to commemorate Canada's 150th birthday. DREAMSTIME

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Making death less of a taboo

DISCUSSIONS

Dying Well group creates 'safe space' to talk mortality

Luke Simcoe
Metro | Toronto

Death is certainly the one thing we all have in common — but it's often taboo to talk about it.

Glenda Myles, a self-described "death doula" and co-founder of Toronto's Dying Well Collective, is out to change that.

For the next year, she and her colleagues will be hosting monthly "death cafés" at the Centre for Social Innovation's Annex location, offering attendees a "safe space" to discuss mortality in an attempt to "open up a dialogue" about death in the city.

"It's scary for people, and there's still a lot of superstition. I've had people tell me they can't write their will because it means they'll die the next day," Myles said.

Glenda Myles, left, and Susan Dawson. CONTRIBUTED

"It's as much about living well as it is dying well.

"When you can face your own mortality, you tend to live a more fulfilling life."

With "the large cohort" of baby boomers entering their twilight years, Myles said it's more important than ever to talk about, confront, and ultimately, plan, for death.

Research shows between 70 and 85 per cent of Canadians would prefer to die at home, rather than in a hospital setting. But only about 15 per cent do, Myles said.

"There's a huge gap there and in a lot of cases, it's because families don't necessarily have the support to allow that to happen," she said.

As a death doula, Myles helps families and individuals deal with the end of life, including preparing for death and counselling the bereaved. Through her work with the Dying Well Collective, Myles is training others to do the same.

"We're really looking for a community model to support the medical model," she said.

DIVERSITY

Biggest-ever cash gift promotes Tamil studies in city

Gilbert Ngabo
Metro | Toronto

A Scarborough businessman wants to see a centre of excellence in the Tamil diaspora community of Toronto.

And he's putting his money right where his mouth is.

Ravi Gukathasan's latest philanthropic act is a $2-million cheque to the University of Toronto Scarborough to support a post-doctoral fellowship in Tamil studies, various scholarships and digital archiving of Tamil history.

"I want this campus to be a star when it comes to the Sri Lankan Tamil diaspora, its culture, its language, its perspective in the world," said the CEO of Scarborough-based company Digital Specialty Chemicals Ltd.

"The time of fighting is done, and I truly believe that our people need to be proud of our culture and our history."

Long before he became a successful multimillion-dollar businessman, Gukathasan's journey was full of hardships all too common for many Tamils. He grew up in northern Sri Lanka before his family moved to England in 1974. They later moved to Toronto and settled in Scarborough, and he was one of only two Tamil students attending Scarborough College.

MAPPED | University of Toronto's international offerings

Tamil Studies will be an addition to ethnic-based courses already on the books at University of Toronto. You can travel the globe through the school's courses. These are just some of the offerings.

Central and North America
- American Studies
- Canadian Studies
- Caribbean Studies

South America
- Latin American Studies

Asia
- Asian Literatures and Cultures
- East Asian Studies
- Near and Middle East Civilizations
- Russian Language
- South Asian Studies

Africa
- African studies

Europe
- Business German
- Celtic Studies
- Classic Greek and Latin
- Czech and Slovak studies
- Estonian Studies
- European Studies
- Finnish Studies French Language
- German Studies
- Greek
- Hungarian Studies
- Italian
- Polish Studies
- Portuguese
- South Slavic Studies
- Spanish
- Ukrainian Language

While the donation marks the single largest cash gift the campus has ever received, it's not the first time Gukathasan has given to his alma mater. He previously sponsored a Tamil Studies Conference, supported regular public programming on Tamil subjects and worked with the campus library to enhance its Tamil-language collection.

As Canada marks its first Tamil Heritage Month this January, Gukathasan said the turmoil his native country went through inspires him to give back.

"Had I stayed in Sri Lanka, I might be dead right now," he said, noting supporting the Tamil studies is both a way to be thankful to Canada and help preserve the cultural heritage of his roots.

"I just hope other people also step forward to support this effort."

IN BRIEF

Boy injured in apparent six-storey fall

A 12-year-old boy has suffered serious injuries after possibly falling six floors down from a balcony at an apartment building in North York, police say. They are investigating the incident as an accident. TORSTAR NEWS SERVICE

Man accused of driving with drugs, without tire

An Ajax man has been arrested for allegedly driving a car without a front tire and rim, scratching the pavement as it went, Durham police say, adding that a small quantity of marijuana and a bong were seized from the car. TORSTAR NEWS SERVICE

Group posts $5K bounty over abused poodle

An animal-rights group is offering a $5,000 award for info in the case of a poodle found malnourished and injured in Scarborough on Christmas Eve. Its mouth had been bound by an elastic band placed over its muzzle. It may need surgery. TORSTAR NEWS SERVICE

Wynne adjusts cabinet in face of scrutiny, Trump

Premier Kathleen Wynne re-jigged her cabinet Thursday, naming Marie-France Lalonde the new community safety and correctional services minister in the face of public scrutiny over jail segregation.

However, she also gave Agriculture Minister Jeff Leal a new portfolio as minister responsible for small business. The file had been under the purview of Economic Development and Growth Minister Brad Duguid, but Leal suggested Duguid will have his hands full once Donald Trump takes office. THE CANADIAN

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‡Rebate amount varies with models. ▲ 0% APR Purchase Financing is available on select new 2016, 2016.5 and 2017 Mazda models. Excluded on 2016 MX-5 and CX-9, 2017 CX-3, Mazda6 and MX-5 models. Terms vary by model. Based on a representative agreement using an offered pricing of $17,688 for the new 2017 Mazda3 GX (BM0K87AA00) with a financed amount of $18,000, the cost of borrowing for a 36-month term is $0, monthly payment is $500, total finance obligation is $18,000. Offer includes freight and P.D.E. of $1,695, $10 OMVIC fee, $23.75 Tire Stewardship Fee and $59.36 PPSA. Offer excludes HST. ‡‡Winter Accessory Credit Offer is available to qualifying retail customers who cash purchase/finance/lease a select new, in-stock 2016, 2016.5 and 2017 Mazda model from an authorized Mazda dealer in Canada between January 4 – 31, 2017. Winter Accessory Credit amounts vary by model: $300 for all 2016 and 2017 Mazda3/Mazda3 Sport, all 2016 and 2017 CX-3, all 2016 and 2016.5 CX-5, all 2016 and 2017 CX-9, and all 2017 MX-5 & MX-5 RF; $500 for all 2016 and 2017 Mazda6; $600 for all 2016 and 2017 Mazda6. Maximum $1,000 for all 2016 MX-5 models. Customer can substitute a cash discount (up to $1,000 depending on model). Cash discount substitute applied before taxes. Winter Accessory Credit will be deducted from the negotiated accessory item price before taxes. Winter Accessory Credit Offer cannot be combined with Winter Tire Credit Offer. Some conditions apply. See dealer for complete details. ‡Winter Tire Credit Offer is available to qualifying retail customers who cash purchase/finance/lease a select new, in-stock 2016, 2016.5 and 2017 Mazda model from an authorized Mazda dealer in Canada between January 4 – 31, 2017. Winter Tire Credit amounts vary by model: $300 for all 2016 and 2017 Mazda3/Mazda3 Sport, all 2016 and 2017 CX-3, all 2016 and 2016.5 CX-5, all 2016 and 2017 CX-9, and all 2017 MX-5 & MX-5 RF; $500 for all 2016 and 2017 Mazda5; $600 for all 2016 and 2017 Mazda6. Maximum $1,000 for all 2016 MX-5 models. Customer can substitute a cash discount (up to $1,000 depending on model). Cash discount substitute applied before taxes. Wheels and installation extra. Winter Tire Credit Offer cannot be combined with Winter Accessory Credit Offer. Some conditions apply. See dealer for complete details. ‡Offer available on retail leases of new 2017 CX-3 GX (JM0KB7AA00)/2016.5 CX-5 GX (JM0KB6AA50) with a lease APR of 2.49%/0.99% and 130/130 bi-weekly payments of $109/$119 for 60/60 months, the total lease obligation is $16,731/$16,775, including down payment (or equivalent trade-in) of $1,595/$1,295. As shown. Offered Pricing for new 2017 CX-3 GT (6XT7B7/AA00)/2016.5 CX-5 GT (KXTL86AA50) with a lease APR of 2.49%/0.99% and 130/130 bi-weekly payments of $157/$178 for 60/60 months, the total lease obligation is $21,998/$24,426, including down payment (or equivalent trade-in) of $1,595/$1,295. NOTE: 2017 CX-3 lease offer includes $900 lease cash; 2016.5 CX-5 lease offers include $1,750 lease cash. Lease payments include freight and P.D.E. of $1,695/$1,695, $10 OMVIC fee (all models), $23.75 Tire Stewardship fee (all models), and $100 Air Conditioning charge (where applicable). PPSA of $90.95/$90.95 and first monthly payment are due at lease inception. 20,000 km per year mileage allowance applies. If exceeded, additional 8¢ per km applies (12¢ per km for CX-9 models). Offers exclude HST. Offered leasing available to retail customers only. Licence, insurance, taxes and down payment (where applicable) are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Offers valid January 4 – 31, 2017, while supplies last. Lease and finance on approved credit for qualified customers only. Offers subject to change without notice. Visit mazda.ca or see Scarboro Mazda for complete details.
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Plant-based dining taking root in city

CUISINE

New Yorkville meat-free eatery a hit with residents

Mary Wales
For Metro | Toronto

Planta opened its doors last month. MARY WALES/FOR METRO

Meat-free dining can be flavourful, filling and synonymous with quality.

That's what Chef David Lee and Steven Salm are out to prove at Planta.

"It was an opportunity for us to say that you can enjoy an amazing pizza, amazing pasta and an amazing ceviche appetizer and still feel like you're eating a well-balanced, nutritious and very satisfying meal," said Salm, president of Chase Hospitality Group.

> **People are excited to try something new.**
> Chef David Lee

There's no doubt the demand is there, said Salm, who's adopted a vegan diet himself and committed to making 25 per cent of his group's menus cater to the lifestyle. In just a month, Planta has already become a Yorkville hotspot.

The menu covers a lot of ground.

It starts with a number of "small plates" and snacks, like watermelon poke, fried kimchi dumplings and cauliflower tots.

The mains include pizzas, a range of salads — such as the Ceasar with sunflower sprouts and mushroom bacon or the Arabic-influenced Habibi with couscous, sumac, mint and tahini dressing.

Then, there are the "large plates" like the meat-free (of course) Planta Burger; a No Noodle Lasagna with smoked ricotta, truffle macaroni made from cauliflower and parmesan truffle cream; and the 18 Carrot Dogs, two buns filled with sauerkraut, sliced pickles, mustard and roasted carrots.

The dishes are proving popular among plant-loving diners and meat eaters alike, said chef Lee, who also owns Toronto's award-winning Nota Bene.

"The restaurant's busy with guests who've been lifelong vegetarians to guests who have never gone a day without meat," he said about Planta. "People are excited to try something new."

JUST A TASTE

Planta's putting a lot of new spins on traditional dishes. These are just a few:

Planta Burger
Fully loaded with queso, bacon, pickles, tomatillo mayo and served with spiced fries. It's hard to notice the meat's even missing.

18 Carrot Dogs
A unique twist on the old-fashioned hot dog.

PLANTATORONTO/ INSTAGRAM

Cauliflower tots
Yep. That's a vegetable fancied up with lemon aioli and truffle parmesan made from almond flour, nutritional yeast and a blend of seasonings.

MUSIC

Expanding creative horizons

Ali Vanderkruyk
For Metro | Toronto

Princess Nokia YOUTUBE

Princess Nokia, a musician and activist reinventing the millennial zeitgeist, is coming to Toronto this weekend as part of one group's effort to infuse events with access, expression and liberation.

Nokia joins Toronto DJs Bambii and Nino Brown for a Saturday concert at a location to be announced by the production and curation company Thank You Kindly.

Princess Nokia, alter-ego of New York City-born Destiny Frasqueri, 24, raps about female empowerment, celebrates her Afro-Nuyorican identity and refuses to sign with labels that will restrict her alternative R&B sound that fuses jazz, funk, hip hop and electro-synth.

Her lyrics cover everything from body positivity to topical remarks on Game of Thrones and Bart Simpson. Her Toronto show is a perfect fit for what Ariella Starkman and Allegra Christie aim to do with Thank You Kindly.

The women founded the company in an effort to stage events and community-driven projects that "attempt to fill a void and offer people an opportunity to socialize and learn, not simply in a party format."

Thank You Kindly will present a casual discussion with Princess Nokia on Sunday with Anupa Mistry, editor at The FADER.

The conversation will focus on "urban feminism, the music industry, goddess power and creative development."

More information can be found at thankyoukindly.co for both events.

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#METROARTSCHALLENGE

Welcome to Toronto...

We challenged you to come up with a slogan for your city. What should appear under the words "Welcome to Toronto" on the first sign newcomers and visitors see when they arrive? All your responses were great, but our winner really summed up everything this place is — plus it would fit on a T-shirt. GENNA BUCK/METRO

WELCOME TO TORONTO

We're exactly like New York - except cleaner, more accepting, and cheaper!

SAMEER BANDEALI

RUNNER UP

WELCOME TO TORONTO

The city to-run-to

KRISHNAKANTH GADAMSETTY

RUNNER UP

WELCOME TO TORONTO

City of Road Toll$ and Pot Holes$

LINDA SKAROTT

WELCOME TO TORONTO

We're all here.

JOHN DAVIS

WINNER

HONOURABLE MENTIONS

Welcome to Toronto, where you can call people living here Torontonians or Toronteans or Torontans or Torontoans or Torontites or Torontese, but whatever it is, the meaning is the same: FRIENDLY.
ALFREDO BARRON

Welcome to Toronto, easily anyone's **6th** stop ... on the way to 7th-heaven
WIL GOUZELIS

Welcome to Toronto, welcome to squirreltown
NICHOLAS POWER

Welcome to Toronto, home of Little (YOUR COUNTRY HERE) Town
TONY KROLO

YOUR NEXT CHALLENGE

This task comes from reader Eliza Figiel: "Make up a superhero for Toronto. What good would this character do for our city?" Below, give your hero a crest. Snap a photo or scan this page and send it with a short description of their superpowers to genna.buck@metronews.ca (**make sure to include "arts challenge" in the subject line**) or tweet with the hashtag **#MetroArtsChallenge**.

Foundation ramps up for design festival

INCLUSIVE CITY

StopGap to display custom made coloured ramps

Luke Simcoe
Metro | Toronto

Good design is about more than fancy chairs and minimalist typefaces.

The Toronto Design Offsite Festival began in 2011 as a showcase for art and design dedicated to making our city more beautiful, livable and inclusive. To celebrate Design Offsite's seventh year, Metro Creative Director Jason Logan has hand-picked a list of exhibitions to check out.

We're profiling one every day through the festival's launch on Monday.

Do Design: StopGap Foundation

The Toronto-based StopGap foundation is an excellent example of how design can make our cities more inclusive.

Started by Luke Anderson, the organization provides custom-made, brightly coloured ramps to local businesses so they can become accessible to people who use wheelchairs or other mobility devices.

The foundation has been a massive success, winning a number of awards and inspiring similar initiatives around the world.

To mark this year's Design Offsite Festival, StopGap is showcasing its work along Dundas Street, between Barthurst and Grace streets.

The StopGap project uses coloured ramps to make businesses accessible to wheelchair users while drawing attention to broader issues of accessibility in the city. CONTRIBUTED

On January 25, let's talk.

On January 25, Bell will donate 5¢ more to mental health initiatives for every:

- Text message*
- Mobile and long distance call*
- Tweet and Instagram post using #BellLetsTalk
- Facebook video view
- Snapchat using the Bell Let's Talk geofilter

bell.ca/letstalk

Bell Let's Talk

Clara Hughes

*Mobile calls, long distance calls and text messages must be made and sent by a subscriber. Regular charges apply.

Embracing the Canuck cliché

IDENTITY

Canadians are as nice as the world insists, author says

When Michigan-born author Kerry Colburn started dating a Canadian, her girlfriends had an immediate great impression of him — without even meeting the guy.

"They would say, 'Oh you're so lucky, you're dating a Canadian. Those guys are so nice!'" recalls Colburn, who went on to marry the Canuck.

The fact he was Canadian seemed to be the only thing her gal pals needed to know, she chuckles.

The notion that Canadians are extra nice is an enduring stereotype the Seattle-based writer wholeheartedly buys into, and it would seem a lot of Americans do, too.

Meryl Streep was the latest to invoke the cliché in her Golden Globes speech on Sunday, a barbed critique of U.S. president-elect Donald Trump that included a salute to Ontario's Ryan Gosling for being "the nicest people."

"It's so funny that of all the adjectives that she could use for the Canadians she says 'the nicest,' right?" says Colburn, who teamed with her husband to co-write the books The U.S. of EH? and So, You Want to be Canadian?

Like it or not, Canadians should embrace this persistent perception, mostly because it's true, U.S. author and avid traveller Eric Weiner says.

"I get a lot of push-back from Canadians who say, 'We're really not that nice,'" says Weiner.

"I know Canadians will bristle and say, 'We're really just passive-aggressive.'… There is an element of passivity, I think, in the Canadian character that comes across sometimes, but really I think the niceness is this politeness and this humility that we don't have here."

Of course, like any stereotype, the notion of the "nice Canadian" is not universally true, he adds.

> **I get a lot of push-back from Canadians who say, 'We're really not that nice.'**
> Eric Weiner

Canadians are also regarded as very funny, which might be considered a paradox: "Humour requires a certain edginess, doesn't it? It's not always nice."

Still, there's nothing wrong with being nice, Weiner assures his northern neighbours. But self-conscious Canucks will fret nonetheless — we're also famously plagued by an inferiority complex that will twist any so-called compliment into a slam.

Indeed, the frequent corollary is that Canadians are boring, bland and dull. A headline from the Guardian in the summer screamed, "Welcome to the new Toronto: the most fascinatingly boring city in the world."

THE CANADIAN PRESS

POLITICS TRUDEAU FACES TOUGH QUESTIONS ON TOUR Prime Minister Justin Trudeau gestures to a member of the audience during the question and answer session during a town hall meeting in Kingston, Ont., on Thursday. Trudeau, who faced critical questions about issues including the Phoenix pay controversy and the handling of indigenous issues, is at the start of a whirlwind, taxpayer-funded outreach tour. THE CANADIAN PRESS

VACATION

Trudeau confirms, defends his private flight to island

Prime Minister Justin Trudeau is confirming — and defending — his use of a private helicopter while vacationing with the Aga Khan, saying it was the only way to get to his friend's secluded Bahamian island.

The prime minister and his family spent time over Christmas at Bell Island in the Bahamas.

To do so, they flew to Nassau on a Canadian government jet, but made the last leg of the journey aboard the Aga Khan's helicopter.

Trudeau's own ethics guidelines bar the use of sponsored travel in private aircraft, allowing only for exceptional circumstances related to the job of prime minister and only with the prior approval of the ethics commissioner.

But he says he doesn't believe the trip poses any ethical dilemma.

He says he's happy to discuss the matter with conflict of interest and ethics commissioner Mary Dawson "and answer any questions she may have."

Trudeau only confirmed the helicopter flight when speaking to reporters on Thursday, noting it's the only way to get to Bell Island.

"The travel back and forth from Nassau happens on the Aga Khan's private helicopter, which he offered us the use of," Trudeau said. "It's something that certainly we look forward to discussing with the conflict of interest and ethics commissioner, but we don't see an issue on that." He repeated that the vacation was a family trip.

THE CANADIAN PRESS

PUBLIC SERVANTS

Union wants backup until Phoenix pay system fixed

Ryan Tumilty
Metro | Ottawa

Frustrated by the continuing problems with the Phoenix pay system, one public service union wants the government to bring in a second pay system until the issue can be resolved.

On Thursday, the Professional Institute of the Public Service called for the government to step in as they approach a full year of the malfunctioning pay system.

"It's been almost a year since the Phoenix fiasco was foisted on our members and we need better system in place to help struggling civil servants," said the group's president Debi Daviau. "(I) have run completely out of patience."

Daviau said the government has a responsibility to pay its employees and individual department are ready to step in.

"Departments have the capacity to do this, I have met with several department heads. They're more than ready, willing and able to effect these changes."

In a statement, Judy Foote, the minister of public services and procurement, emphasized the government has a system for emergency loans already in place.

"There is absolutely no reason why anyone should go without his or her pay."

MICHAEL: EVERY DAY
BACK-TO-BACK EPISODES
SUNDAYS 9

Goodbye and hello

Obama's big farewell, and Trump's first media hello, couldn't have done more to put the past and present into sharp relief

ROSEMARY WESTWOOD
From the U.S.

The differences between Obama and Trump couldn't have been sharper this week. GETTY IMAGES

Did you hear the echo in Barack Obama's voice during his farewell address? It made him sound like a man already speaking from the past. Or if you take seriously his message of hope — that consistent, plodding message of hope — a man speaking from the future.

Maybe you were also online, watching the stories stream in via CNN and the New York Times detailing all the dirt that Russia, allegedly, has on President-elect Donald Trump.

Watching reporters lob complicated, double-barred questions at Trump during his press conference the next day, questions he easily sidestepped; watching Trump turn said press conference, meant to cover his enormous conflicts of interest, into a referendum on how the media handled the steamy allegations of blackmail dirt; watching Trump stock the marbled room with a cheering audience and piles of paper, signalling that all press conferences from now on will be staged like a performance; all this suggested that someone still has the upper hand. And it's an orange one.

This week, with Obama's big goodbye, and Trump's first media hello, couldn't have done more to put the past and present into sharp relief.

Obama spoke, as always, with passion, composure, and eloquent complete sentences. Trump spoke, as always, with derision, falsities and the rhetorical equivalent of splashing in a pool. Very early Wednesday morning, Trump compared his political opponents to "Nazi Germany" on Twitter.

Later, we learned that the 2016 "Russia Law Firm of the Year," Morgan Lewis, was picked to handle Trump's business conflicts of interest, just as Trump was forced to admit Russia hacked the DNC and sought to influence the U.S. election in his favour, which itself came after months of Putin-fawning and intelligence-community bashing. Putin's fondness for Trump is "an asset," Trump asserted, without any irony. Later, he took to Twitter to tell everyone to go "buy L.L. Bean."

Trump's attack on Buzzfeed and CNN during his press conference should alarm the media. (He called Buzzfeed a "failing pile of garbage," and CNN "fake news," and refused to answer a CNN reporter's questions.) So should his clear disinterest in regular press conferences.

The institution of the presidency will not emerge from four years of Trump unchanged. It's already begun to mould around him during the transition, especially on the matter of communication with the press and conflicts of interest. When Trump called the unsubstantiated report of Russian blackmail and influence "fake news," he continued the tradition of hyperbolic statements intended to destabilize any sense of a common reality.

When he again argued only reporters care about seeing his tax returns, he ignored the facts. This week, a poll found 60 per cent of Americans agree with reporters, but 53 per cent of Republicans agree with Trump.

Trump, it's clear, considers his supporters to be Americans, the media to be the enemy, and everyone else to be invisible. This is how we can expect him to govern. From hope to harassment: The presidential transition of our time.

U.S. POLITICS

Carson tells Senate he knows housing needs

Former U.S. presidential candidate Ben Carson defended his experience and credentials Thursday to serve as the nation's new housing secretary, turning to his life story to show that he understands the needs of the country's vulnerable. At his confirmation hearing, Carson talked about growing up in Detroit with a single mother who worked numerous jobs to keep a roof over their heads.

"I have actually in my life understood what housing insecurity was," he said. THE ASSOCIATED PRESS

Cuban immigration policy ends after many years

President Barack Obama announced Thursday he is ending a longstanding immigration policy that allows any Cuban who makes it to U.S. soil to stay. The repeal of the "wet foot, dry foot" policy is effective immediately, and follows months of negotiations focused in part on getting Cuba to agree to take back people who had arrived in the U.S. THE ASSOCIATED PRESS

WORLD NEWS

Airstrikes continue in Syria despite ceasefire

The UN envoy for Syria said Thursday that a ceasefire was "largely holding, with some exceptions," as opposition activists reported a mounting number of government airstrikes, including a raid in the northern Aleppo province that killed at least six civilians. Staffan de Mistura said he was concerned that fighting northwest of Damascus would further escalate and derail proposed negotiations between the government and the opposition later this month. THE ASSOCIATED PRESS

Mass murderer says prison isolation damaged him

Norwegian mass murderer Anders Breivik told a panel of judges Thursday that his solitary confinement in prison had deeply damaged him and made him even more radical in his neo-Nazi beliefs.

The right-wing extremist who killed 77 people in a 2011 bomb attack and shooting spoke coherently and without emotion as he addressed the panel considering if his isolation is inhumane. THE ASSOCIATED PRESS

An emotional Joe Biden given Medal of Freedom

At the dusk of both of their political careers, surrounded by friends and family, U.S. President Barack Obama on Thursday bestowed the Presidential Medal of Freedom on Joe Biden, the man he called "the finest vice-president we have ever seen."

Biden winced in shock as Obama announced he was conferring the nation's highest civil honour on his right-hand-man of eight years. Biden turned away from cameras, wiped away tears, then stood stoically as Obama draped the blue-and-white ribbon around his neck.

"I just hope that the asterisk in history that is attached to my name when they talk about this presidency is that I can say I was part of the journey of a remarkable man who did remarkable things for this country," Biden said.

There were several standing ovations at what had been billed as a modest farewell ceremony for Biden but evolved into a surprise bestowal of the Medal of Freedom, the last time Obama will present the honour.

"I had no idea," Biden said of the award, insisting he didn't deserve it.

It was the only time Obama has presented the medal "with distinction," also awarded only once by each of the previous three presidents.

Vice-President Joe Biden accepts the Presidential Medal of Freedom on Thursday. THE ASSOCIATED PRESS

Obama, joined Thursday by his wife and daughters, was effusive in his praise for the man who ran against him in 2008, then agreed to be his running mate. He said Biden had made him a better president, calling him "a lion of American history."

"To know Joe Biden is to know love without pretense, service without self-regard and to live life fully," Obama said.

The famously plainspoken Biden has long said he only agreed to the job after Obama agreed he would be the last person in the room before major decisions were made. THE ASSOCIATED PRESS

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SUNDAYS 9

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SUNDAYS 9

MICHAEL: EVERY DAY
BACK-TO-BACK EPISODES
SUNDAYS 9

HOUSING

Real estate closing 'feast and famine' gap

The extreme regional disparities that characterized Canada's real-estate markets last year will narrow in 2017 as overheated areas cool and slower markets gather steam, Royal LePage says in a report released Thursday.

That trend will be driven by lower prices in Greater Vancouver and strong but moderating price growth in the Greater Toronto Area, the company said.

"In 2017, we anticipate a movement away from the regional extremes of real-estate feast and famine — and that is a very good thing," said Phil Soper, president and CEO of Royal LePage.

Royal LePage's national composite index of prices grew 13 per cent year-over-year to $558,153 in the fourth quarter of last year, the highest increase recorded by the index in more than 10 years. Two-storey homes led the charge, rising 14.3 per cent to $661,730, while the price of a condo was up a more moderate 7.4 per cent to $356,307.

13%
The highest growth in 10 years recorded in Royal LePage's national composite index of prices.

Nationally, home prices are forecast to climb 2.8 per cent this year, Royal LePage said.

In Greater Vancouver, an 8.5 per cent price correction is expected, in spite of the fact that the province's economy is projected to lead the country this year. Even with that decline, home prices would be $1,126,000.

That contrasts with the outlook for the Toronto area's real-estate market, where Soper says there is "no relief in sight" as underlying economic fundamentals remain strong. Prices in the area are expected to hit $793,000, an increase of 10 per cent. THE CANADIAN PRESS

Coal mining in Sparwood, B.C. is expected to escape the fallout of a carbon tax as it exports its product. THE CANADIAN PRESS

Tale of two coal towns

CARBON TAX

Hanna, Alta. may lose jobs; Sparwood, B.C. unaffected

The hand-painted sign on a bumpy road on the east side of Hanna speaks volumes.

"Hanna supports coal, cows, gas and oil," it says bluntly. The sign includes a circle with a line through it over the words "carbon tax."

The town of 2,700, northeast of Calgary, has largely lived off agriculture. But a large vein of thermal coal east of town led to the construction of the coal-fired Sheerness generating plant in the early 1980s and has provided jobs and business in the region ever since.

People worry that economic boost is threatened by a new carbon levy and the provincial government's plan to shut down coal-fired power plants by 2030 and move exclusively to natural gas, wind, solar and hydro energy instead.

"If it's a complete 100 per cent closure we're going to lose 200 full-time, well-paying jobs. That's about 7.5 per cent of our population," says Hanna Mayor Chris Warwick.

"To put that into real-life numbers, Edmonton losing 7.5 per cent is about 62,000 people — Calgary's around 90,000 — so it's a massive hit. These are well-paying jobs so it's not a good situation for us."

It's a different situation 450 km southeast in Sparwood, B.C., where coal is still king.

Sparwood, unlike Hanna, has metallurgical coal, which is almost entirely exported to Japan and Korea for steelmaking. That makes the product exempt from the carbon tax.

Sparwood's mayor says an increase in world prices over the past few years has kept the mountain community humming. Teck Resources employs about 4,000 people at its five steelmaking coal operations.

"We're very dependant. Coal is what we are — 90 per cent of the people who live in Sparwood are dependant on coal one way or another, whether it's directly with Teck or subtrades or contractors," says Mayor Cal McDougall.

THE CANADIAN PRESS

market minute

DOLLAR 76.15¢ (+0.26¢)
TSX 15,418.16 (-73.38)
OIL $53.01 US (+76¢)
GOLD $1,199.80 US (+$3.20)

NATURAL GAS: $3.39 US (+16¢)
DOW JONES: 19,891 (-63.28)

IN BRIEF

McBreakfast all day long
McDonald's has begun serving its famed Egg McMuffins, hash browns and other breakfast menu items around the clock in some restaurants in Canada. The fast-food giant has launched all-day breakfast at 17 restaurants in B.C., Ontario and Quebec. THE CANADIAN PRESS

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metro SCIENCE

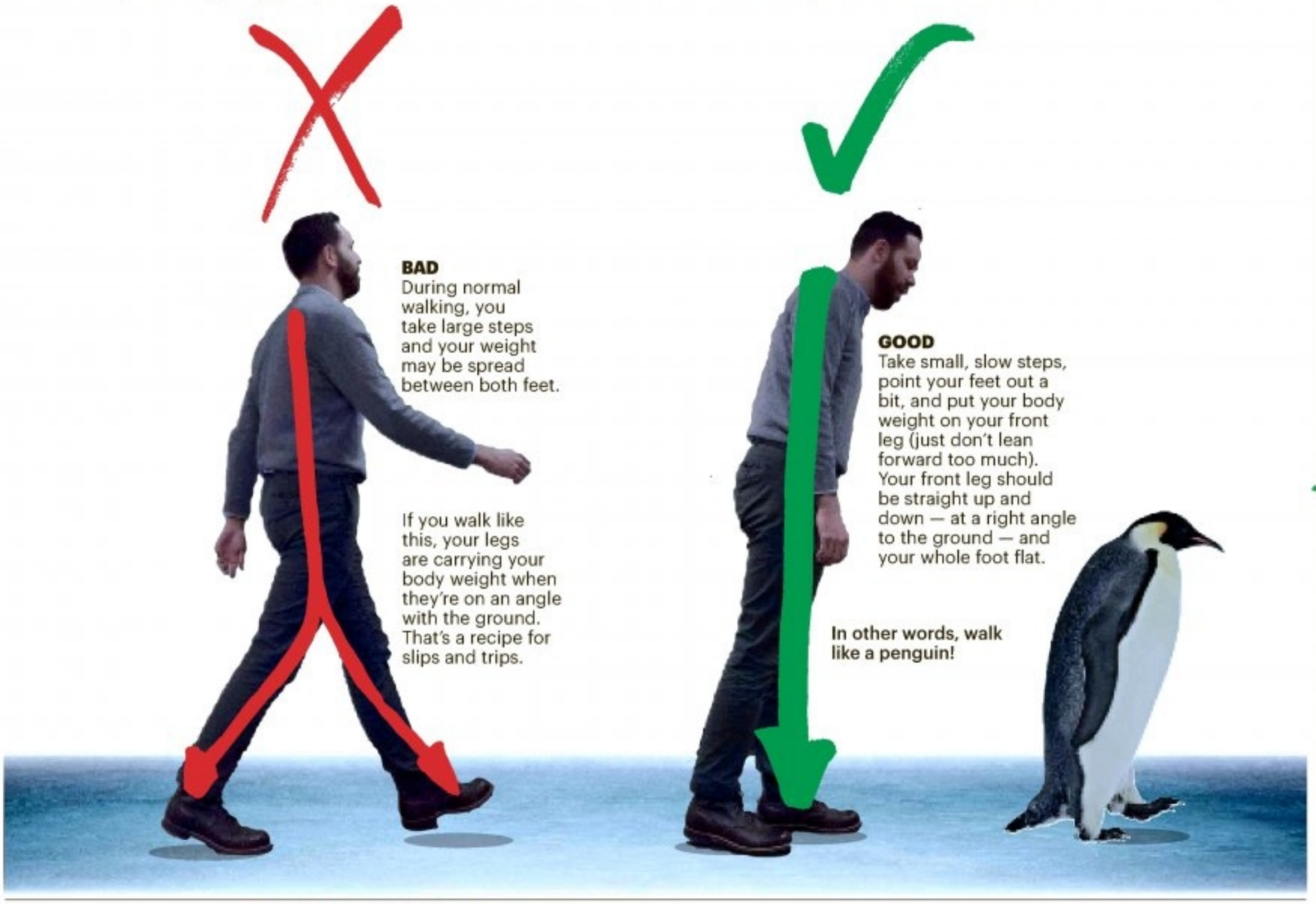
Your essential daily news

Doggone sad: Big dogs may have short lives because they burn a lot of energy, making chemicals called free radicals that speed up aging

DECODED by Genna Buck and Andrés Plana

MARCH LIKE A PENGUIN, FOR SAFETY

Falls are a big deal. In winter, the very real fear of falling can isolate the elderly and people with disabilities indoors, but anyone can take a tumble. A group of German doctors has published guidelines on how to walk safely during slippery-sidewalk season. We recruited Metro reporter Luke Simcoe to demonstrate.



BAD
During normal walking, you take large steps and your weight may be spread between both feet.

If you walk like this, your legs are carrying your body weight when they're on an angle with the ground. That's a recipe for slips and trips.

GOOD
Take small, slow steps, point your feet out a bit, and put your body weight on your front leg (just don't lean forward too much). Your front leg should be straight up and down — at a right angle to the ground — and your whole foot flat.

In other words, walk like a penguin!

CITIZEN SCIENTIST by Genna Buck

How can I boost my immune system?

Does zinc, echinacea or vitamin C help boost the immune system? - Levon, Toronto

Given what a gnarly cold and flu season we're in, I wish I had some better news for you. Alas, no.

The first thing to ask when someone claims this or that potion "boosts the immune system" is "Which part of it?" The immune system isn't one thing. It's physical barriers, specialized cells and response mechanisms all working together to fight off invaders like cold and flu viruses.

The second thing to ask is "what are the side effects?" A true, measurable, significant boost to the immune system can leave you feeling pretty crummy. Ever gotten a shot of interferon to help rev up the inflammatory response your body uses to fight a virus? The disease-fighting proteins released into the blood are the same ones you get from a hangover. What about sargramostim, which helps make white blood cells if yours have been wiped out by chemo? One of the side effects is "bone pain." Ick.

It's true your immune system may fall down on the job if you're stressed, malnourished, smoking, or deficient in essential vitamins or minerals. But if you're generally healthy, there isn't much you can do to get immunity superpowers, cool as that would be.

On to specifics: There's a bit of evidence, from reviews of previous studies, that taking echinacea or zinc supplements may shorten the duration of colds very slightly. But the data are mixed and the effect is small to insignificant, especially in the case of echinacea. Getting enough vitamin C helps you have fewer colds, but it doesn't do much once you're sick.

A vitamin D researcher I spoke to once reminded me of something else: Some studies that find that vitamin supplements have a benefit (i.e. a vitamin prevents colds), didn't screen people for deficiency. The pills didn't give people extra immunity: They fixed what was broken, allowing the immune system to work as it should.

Science Question?
Tweet @genna_buck

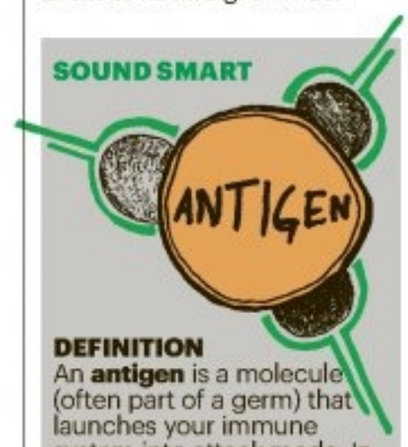
FINDINGS
Your week in science

STEVEN G. JOHNSON

MONKEY MATH
University of Toronto researchers believe capuchin monkeys have some understanding of probability. When given a choice between different jars, they pick ones with proportionally more peanuts. It's a level of numeracy beyond "less" and "more" we thought only humans had.

TIGHTEST KNOT
University of Manchester scientists have the boy scouts beat. They braided molecular strands into the tightest, most complex knot ever made. It crosses itself eight times.

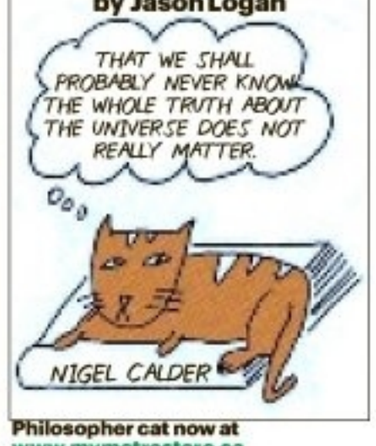
SOUND SMART



DEFINITION
An **antigen** is a molecule (often part of a germ) that launches your immune system into attack mode. In response to contact with an **antigen**, you make sticky proteins called **antibodies** to fight it.

USE IT IN A SENTENCE
Everybody is staying ten feet away from Deborah because she's sneezing and sniffling. But she doesn't have the flu. Her body thinks the dust in here is an **antigen**, even though it's harmless, and her immune system is on the attack. She has a dust **allergy**.

PHILOSOPHER CAT
by Jason Logan



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Shaking things up at Sundance

CANADIAN CONTENT

Indigenous films bring new sense of urgency to fest

Rise and Rumble aren't just the titles of two noteworthy Canadian productions headed to this month's Sundance Film Festival. They're also statements of purpose.

Canada's filmmakers are out to get attention and shake up conventional wisdom at Sundance (Jan. 19-29).

This is especially true regarding films from Canada's indigenous communities. They've always been welcome at Sundance, but the selections this year have a new sense of urgency.

Rise, directed by Toronto's Michelle Latimer, an Algonquin/Métis filmmaker, is an original series for Rogers Media's Viceland TV channel, planned for broadcast early this year.

Premiering in Sundance's Special Events section, Rise is billed as "a condemnation of colonialism and a celebration of Indigenous people worldwide." Three episodes premiering at Sundance — Sacred Water, Red Power and Apache Stronghold — show how native North Americans and their global supporters are peacefully, but forcefully, fighting back against exploitation of their land: at the Standing Rock Indian Reservation spanning North Dakota and South Dakota, where the Dakota Access Pipeline threatens water supplies; and also at Arizona's San Carlos Apache Indian Reservation, where mining companies seek to dig up sacred ground.

"As a filmmaker I think I have a very real responsibility to bear witness," director/showrunner Latimer says via email. "How can I go work on a reality show about food or something when there are people in my own community dying because of lack of clean water, medical care and housing — and this is supposed to be in one of the most affluent countries in the world?

"Something is very, very wrong when you look at that picture. Making films gives me a platform to explore and communicate the things in society I disagree with. And it gives me a productive place to direct my anger. Because believe me, I'm angry at both the disparity and the privilege I see around me every day." One of the Standing Rock episodes includes an interview with Jesse Wente, a member of the Ojibwa nation and TIFF's director of film programs.

"The rise of Indigenous media has really occurred in the last 10 years," he says. "There's absolutely a connection between the rise of things like Twitter, Facebook and other social media. The fact that you don't need to have a desk in a mainstream newsroom to necessarily have a voice in today's media has meant a lot for marginalized communities."

I'm angry at both the disparity and the privilege I see around me every day.
Filmmaker
Michelle Latimer

It also allows these communities to correct the historical record, which is the impetus for Rumble, subtitled The Indians Who Rocked the World. It's a documentary account of how musicians with aboriginal roots, including guitar greats Jimi Hendrix, Link Wray, Charley Patton and The Band's Robbie Robertson, made a profound impact on popular music.

Sundance director John Cooper is excited about Rise and Rumble playing his festival because these films are "taking it to a place where you can actually effect change through the storytelling itself. I think that's what Rumble is going to do, because ... it brings you closer into looking at our world a little differently.

"With Rise, I really like the whole notion of young people and young voices telling these stories, which is part of the mission of that project."

TORSTAR NEWS SERVICE

Michelle Latimer directs Rise, a Viceland TV series that's planned for broadcast early this year. Episodes show how native North Americans and their global supporters are peacefully but forcefully fighting back against exploitation of their land. COURTESY OF SUNDANCE INSTITUTE

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At the top of her field

Hollywood's second Grand Dame Annette Bening may be best of all

In 20th Century Women, Annette Bening serves up trademark density to Dorothea. CONTRIBUTED

Richard Crouse
In Focus

Meryl Streep has a body of work that speaks for itself and, as she proved last Sunday night from the stage of the Golden Globes, is unafraid to challenge the status quo. But last week while the world formed opinions about Streep as she mouthed off about Donald Trump, I had my eye on someone in the audience.

During Streep's speech the camera landed on Annette Bening, who gives the Grand Dame a run for her money, acting wise.

This weekend Bening adds 20th Century Women to her already stellar IMDB resume. As free-spirited single mother Dorothea she is, as writer David Edelstein wrote, irreducible. In other words she's complex: loving yet stand-offish, warm but steely, a hippie who studies the stock market and Bening brings her to vivid life.

It's that density of character that sets Bening apart from her peers, Streep included. Warren Beatty, her husband and sometimes director says she has, "talent, beauty, wit, humility and grace," a combination that makes her "the best actress alive."

Biased? Likely, but the evidence is on the screen. Bening works sporadically, sometimes taking years between projects or taking small supporting roles in idiosyncratic independent films like Ruby Sparks, but her characters are always compelling.

She became a star playing femme fatale Myra in 1990's con artist caper The Grifters. Gleefully embracing her character's deviousness, she stole the movie. Then came intricate portrayals of everything from a neurotic real estate broker in American Beauty to Bugsy's tough-talking Hollywood starlet and In Dreams' psychic vigilante. Each performances is a polished gem even when the movies aren't as good as she is.

The last of her Best Actress Oscar nods came with 2010's The Kids Are Alright. At the center of story are Nic (Bening) and Jules (Julianne Moore), a long time lesbian couple raising their two kids. It's a happy family until their daughter contacts her biological father Paul (Mark Ruffalo) via the sperm bank.

A scene near the movie's end displays the complexity of Bening's work. Nic and Paul sing a Joni Mitchell song at a dinner party. Their wild act is joyful, ridiculous and poignant simultaneously and is a perfect microcosm of Bening's performance. It's her well-drawn character that keeps the basic story afloat with its lived-in, realistic feel.

Less known is Bening's fine work in The Face of Love, a 2014 film about a widow obsessed with a man who looks exactly like her late husband Tom. Trouble is, she never tells him about his resemblance, raising the question: Is she in love with Tom or a memory?

Is she a selfish conniver, a grief stricken widow or one brick short of a load? The movie allows for interpretation, but regardless of your take, Bening's performance is so raw and vulnerable it's difficult to completely condemn her behaviour.

Bening's name may not always be mentioned in the hushed tones as Streep, but I suspect she doesn't care for the accolades as much as shattering the clichés of how women are portrayed on film. On that score she is at the top of her field.

MOVIE RATINGS by Richard Crouse

Patriots Day ★★★★
Paterson ★★★★
20th Century Women ★★★★
Live By Night ★★★
Monster Trucks (no stars)
Bugs ★★

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

RICHARD CROUSE ON THE MERYL STREEP HE KNOWS...

Overrated is the last word I would use to describe Meryl Streep as an actress or interview subject. Like everybody else I've admired her work from the early fresh-faced roles in films like Manhattan to the emotional catharsis of Kramer vs. Kramer, through her accent phase and on.

I've also interviewed her several times. In our conversations, as in her controversial speech at the Golden Globes, she's always been forthright, fearless and gracious.

Our first chat was 11 years ago in Minnesota. I've done hundreds of these things and the constant is the amount of time sitting in hotel hallways. Experience taught me to always bring a book.

I read until it was time to talk with Streep. I sat opposite her under hot TV lights. Then she did something remarkable. Before my first question she asked me one. "What book are you reading?" No actor had ever asked me about my ever-present book. As we chatted I was being seduced by the Streep charm.

She was doing what she does in her work; taking our time beyond the professional and into the personal. That bond to her audience and her characters is what makes her great, not just as an actress or speech-maker but also as a person. Overrated? I think not. RICHARD CROUSE/METRO

MOVIE LISTINGS

DOWNTOWN

Carlton Cinema Theatre
20 Carlton St., 416-494-9371
Allied Fri-Thu 1:15-3:55-6:35-9:10 **Arrival** Fri-Thu 4:05-9:15 **The Autopsy of Jane Doe** Fri-Thu 4:10-9:20 **Fantastic Beasts and Where to Find Them** Fri-Thu 1:05-6:40 **Friday the 13th, Part VI: Jason Lives** Fri 11 **Girlfight** Wed 6:30 **Live by Night** Fri-Thu 1:10-4-6:45-9:35 **A Monster Calls** Fri-Sat 1:25-6:50 Sun 6:50 Mon-Tue 1:25-6:50 Wed 1:25 Thu 1:25-6:50 **Neruda** Fri-Thu 1:30-6:40 **Nocturnal Animals** Fri-Sat 4-9:30 Sun 9:30 Mon-Thu 4-9:30 **Patriots Day** Fri-Thu 1-3:50-6:40-9:30 **Rogue One: A Star Wars Story** Fri-Thu 1-3:50-6:45-9:30 **Sing** Fri-Thu 1:20-4-6:40-9:25 **Underworld: Blood Wars** Fri-Thu 1:40-4:15-6:55-9:05

Scotiabank Theatre
259 Richmond, 416-368-5600
Assassin's Creed Fri-Sat 4:45-10:15 Sun-Tue 5-10:30 Wed 3:15-9:50 Thu 5-10:30; 3D Fri-Sat 2-7:35 Sun-Tue 2:15-7:50 Wed 12:40-6:30 Thu 2:15-7:50 **The Bye Bye Man** Fri 2:20-4:40-6-8:20-10:20 Sat-Thu 1:20-3:40-6-8:20-10:40 **Collateral Beauty** Fri-Tue 9:25 Wed 9:10 Thu 10:40 **Doctor Strange** Fri-Tue 12:50-6:45 Wed 12:50-7:30 Thu 12:30; 3D Fri-Thu 4:25-10:05 **Elle** Fri-Thu 1:05-4-7-10 **Fantastic Beasts and Where to Find Them** Fri-Wed 3:30 Thu 3:05; 3D Fri-Thu 1:30-7:05 **A Monster Calls** Fri-Thu 1:50-4:30-7:15-9:50 **Nocturnal Animals** Fri 1:30-4:20-7:05-9:50 Sat-Thu 1:50-4:40-7:25-10:10 **Office Christmas Party** Fri 12:45-3:15-10:40 Sat-Mon 2:30-5-7:30-10 Tue 7:30-10 Wed 2:30-5-10:20 Thu 1:30-4 **Patriots Day** Fri-Wed 12:45-3:50-7-10:10 Thu 12:45-3:50-7-10 **Rogue One: A Star Wars Story** Fri-Sun 1-4-7-10 Mon-Tue 1:30-4:30-7:30-10:30 Wed-Thu 1-4-7-10; IMAX Fri-Sun 1:30-4:30-7:30-10:30 Mon-Tue 1-4-7-10 Wed 1:30-4:30-7:30-10:30 Thu 12:30-3:30; 3D Fri-Wed 12:30-3:30-6:30-9:30 Thu 1:30-4:30-7:30-10:30 **Silence** Fri-Thu 12:30-3:50-7:15-10:40 **Split** Thu 7-9:55 **Underworld: Blood Wars** 3D Fri-Thu 1:15-3:30-5:50-8:10-10:35 **xXx: Return of Xander Cage** IMAX Thu 7:35-10:20

Market Square
80 Front St., 416-494-9371
Hidden Figures Fri-Thu 12:45-3:45-6:45-9:35 **La La Land** Fri-Thu 1-4-6:55-9:45 **Live by Night** Fri-Thu 12:40-3:40-6:40-9:40 **Rogue One: A Star Wars Story** Fri-Thu 12:55-3:50-6:40-9:30 **Sing** Fri-Thu 1:05-3:55-7:10-9:50 **Underworld: Blood Wars** Fri-Sat 1:10-3:35-6:40-9:30 Sun-Mon 1:10-6:40 Tue 1:10-3:35-6:40-9:30 Wed 1:10-6:40 Thu 1:10-3:35-6:40-9:30 Sun-Mon 3:35-9:30 Wed 3:35-9:30

Varsity
55 Bloor St. W., 416-961-6304
20th Century Women Fri 1:10-4:05-7:15-10:20 Sat-Sun 10:30-1:10-4:05-7:15-10:20 Mon-Thu 1:10-4:05-7:15-10:20 **Fences** Fri-Thu 1:30-4:30-7:30-10:30 **Hidden Figures** Fri 1:45-4:40-7:35-10:30 Sat-Sun 10:50-1:45-4:40-7:35-10:30 Mon-Tue 1:45-4:40-7:35-10:30 Wed 12:35-3:35-7:30-9:55 Thu 1:45-4:40-7:35-10:30 **Jackie** Fri-Tue 1:50-4:55-7:40-10:25 Wed 1:50-4:55-10:25 Thu 1:50-4:55-7:40-10:25 **La La Land** Fri-Thu 12:20-3:45-7:05-10:20 Fri-Thu 12:30-3:30-6:30-9:35 Sat-Sun 10:45 **Lion** Fri 1:10-4:10-7:10-10:15 Sat-Sun 10:30-1:10-4:10-7:10-10:15 Mon-Thu 1:10-4:10-7:10-10:15 **Manchester by the Sea** Fri-Mon 12:10-3:20-6:40-10 Tue 12:20-3:35-6:40-10 Wed-Thu 12:10-3:20-6:40-10 Fri-Thu 1-4-7-10:05 **Moonlight** Fri 1:05-3:55-6:45-9:40 Sat-Sun 10:30-1:05-3:55-6:45-9:40 Mon-Thu 1:05-3:55-6:45-9:40 **Silence** Fri-Thu 12-3:30-7-10:30 Fri-Thu 2-5:40-9:05

Yonge & Dundas 24
10 Dundas St, 416-977-2642
Arrival Fri 1:30-4:45-7:45-10:35 Sat-Sun 12:40-3:30-6:15-9:15 Mon-Tue 1:40-4:30-7:15-10:15 Wed 1:40-4:30-10:15 Thu 1:40-4:30 **The Autopsy of Jane Doe** Fri 4-9 Sat 8 Sun 9 Tue 4-9 **Botticelli Inferno** Wed 2-7:30 **Breakfast at Tiffany's** Sun 12:55 Mon 4-9:45 **Dangal** Fri 1-4:15-7:15-10:35 Sat-Sun 11:40-3:15-6:45-10:15 Mon-Thu 12:35-4:05-6:50-10:20 **Fences** Fri 1-4:10-7:35-10:50 Sat-Sun 12-3:20-6:50-10:10 Mon-Wed 12:30-3:45-6:55-10:15 Thu 12:30-3:45-10:15 **The Founder** Thu 7:35-10:25 **Hidden Figures** Fri 1:40-4:35-7:30-10:25 Sat-Sun 12:30-3:35-6:50-9:50 Mon-Thu 12:35-3:40-6:50-9:50 **Jackie** Fri 1:05-3:30-6-8:30-11 Sat-Sun 11:45-2:40-5:05-7:35-10:05 Mon-Thu 7:35-10:05 **La La Land** Fri-Wed 12-3:10-6:30-9:30 Thu 12-3:30-6:30-9:30; IMAX Fri 1:35-4:25-7:10-10:10 Sat 11:30-2:15-5:10-8:05-11 Sun 11:30-2:15-5:05-7:55-10:45 Mon-Thu 1:45-4:40-7:35-10:30 **Lion** Fri 1:35-4:40-7:30-10:20 Sat-Sun 12:25-3:30-6:40-9:50 Mon-Wed 1:40-4:35-6:40-9:50 Thu 4:35-6:50-10 **Live by Night** Fri 1:05-4:15-7:25-10:30 Sat-Sun 1:10-4:10-7:10-10:10 Mon-Tue 1:20-4:20-7:20-10:20 Wed 7:20 Thu 1:20-4:20-7:20-10:20 Fri-Sat 1-4:10-7:30-10:30 Sun-Wed 1-4:20-7:30-10:30 Thu 12-3-6-9 Wed 12:55-3:55-10:20 **Manchester by the Sea** Fri 1:25-4:20-7:25-10:35 Sat-Sun 12:30-3:40-7:15-10:35 Mon-Thu 6:50-10:10 **Master** Fri 1:30-4:30-7:40-10:50 Sat-Sun 12:40-3:55-7:05-10:20 Mon-Thu 7:05-10:20 **Moana** Fri 4:30 Sat 4:45 Sun 4:30; 3D Fri 1:50-7:25-10:10 Sat 11:30-2:05-7:35-10:25 Sun 1:50-7:20-10:10 Mon-Thu 7:20-10:10 **Monster Trucks** Fri 4:45 Sat-Sun 2:35 Mon-Thu 4:50; 3D Fri 2:05-7:40-10:40 Sat-Sun 12-5:10-7:45-10:20 Mon-Thu 2:15-7:45-10:20 **Mostly Sunny** Fri 1:45-7 Sat 10:25 Sun 4-7 Mon 2 Tue 2-7 Wed 4:30-9:45 Thu 2 **National Theatre Live: No Man's Land Encore** Sat 12:30-4:15 **One Piece Film: Gold** Mon 7 **Passengers** Fri-Sun 5:10 Mon-Thu 4:05; 3D Fri 2:25-7:55-10:40 Sat-Sun 11:45-2:25-7:55-10:40 Mon-Thu 2:25-7:40-10:25 **Railroad Tigers** Fri 1:50-4:40-7:40-10:50 Sat-Sun 11:50-2:10-5-7:50-10:40 Mon-Thu 7:35-10:25 **Rogue One: A Star Wars Story** Fri-Sat 1:20-4:30-8-11:10 Sun-Wed 2:30-6-9:10 Thu 4:30; 3D Fri-Sat 12-3:30-7-10:10 Sun-Wed 12:30-3:40-7-10:10 Thu 12:30-3:50-7:10-10:30 Fri-Thu 1-4:10-7:20-10:30 **Sherlock Season 4 Finale** Thu 4:30-7-9:30 **Sing** Fri 1:45-4:25 Sat-Sun 11:55-2:30 Mon-Wed 1:30; 3D Fri 7:05-9:45 Sat-Sun 5:05-7:45-10:30 Mon-Thu 5:10-7-9:45 **Underworld: Blood Wars** 3D Fri-Sat 12:30-2:50-6-9 Sun-Wed 12-2:50-5:40-8:20 Thu 1-2:30-5:30-8:40 **Why Him?** Fri 2:35-5:20-8:05-10:55 Sat-Sun 11:50-2:35-5:20-8:05-10:45 Mon-Thu 7:50-10:30 **xXx: Return of Xander Cage** 3D Thu 7:30-10:10

MIDTOWN

Yonge-Eglinton Centre
2300 Yonge St., 416-544-1236
Botticelli Inferno Wed 7:30 **Hidden Figures** Fri 1:25-4:20-7:25-10:25 Sat 12:50-3:55-7:10-10:10 Sun 12:45-3:45-6:55-10 Mon-Tue 1:25-4:20-7:25-10:25 Wed 1:25-4:20-7-9:55 Thu 1:10-4-7-9:55 **La La Land** Fri 1:10-4:05-7:10 Sat 12:30-3:45-6:50-9:55 Sun 12-3-6:30-9:35 Mon-Thu 1:10-4:05-7:10 Fri 3-6-9:15 Sat 12-3-6-9:15 Sun 12-3-6-9 Mon-Thu 3:30-6:30-9:30 **Live by Night** Fri 1:15-4:10-7:10-10:10 Sat 12-3:15-6:40-10 Sun 12:30-3:30-6:50-10 Mon-Tue 1:15-4:10-7:10-10:10 Wed 4:10-7:10-10:10 Thu 1:15-4:10-7:10-10:10 Fri 3:50-7:10:15 Sat 12:50-4-7:15-10:30 Sun 12:50-4-7:10-10:15 Mon-Thu 4:10-7:10-10:15 **Long Way North Sat 11 National Theatre Live: No Man's Land Encore** Sat 12:30 **Passengers** Fri-Sat 4:50-10:30 Sun 3:55-9:55 Mon-Tue 4:50-10:30 Wed 4:50-10:15 Thu 4:10; 3D Fri 2-7:40 Sat 11:15-2-7:40 Sun 1-7 Mon-Tue 2-7:40 Wed 2-7:35 Thu 1:30 **Patriots Day** Fri 1:20-4:15-7:20-10:20 Sat 11:40-2:50-6:30-9:40 Sun 12:15-3:20-6:40-9:45 Mon-Tue 1:20-4:15-7:20-10:20 Wed 4:15-7:20-10:20 Thu 1:20-4:15-7:20-10:20 **Rogue One: A Star Wars Story** Fri 3:20 Sat 3:30 Sun 3:25 Mon-Thu 3:50 Fri 1:30-7:30 Sat 1-7:20 Sun 12:40-7 Mon-Tue 1:30-7:30 Wed 1:30-7:25 Thu 6:55 Thu 1:30; 3D Fri 4:30-10:30 Sat 4:15-10:30 Sun 3:40-10:15 Mon-Tue 4:30-10:30 Wed 4:25-10:20 Thu 9:55 Fri 6:30-9:45 Sat 12:20-6:45-10 Sun 12:20-6:35-9:45 Mon-Thu 6:50-9:55 Thu 4:25 **Sherlock Season 4 Finale** Thu 7 **Sing** Fri 1:15-4 Sat 11:05-1:45-4 Sun-Thu 1:15-4; 3D Fri-Thu 6:45-9:30 **Underworld: Blood Wars** 3D Fri-Thu 1:10-3:25-5:40-8-10:15 **Why Him?** Fri 1:35-4:25-7:05-9:50 Sat 4:25-7:05-9:50 Sun-Tue 1:35-4:25-7:05-9:50 Wed-Thu 1:35-4:25-9:50 **xXx: Return of Xander Cage** 3D Thu 7:30-10:20

NORTH YORK

Empress Walk
5095 Yonge St., 416-223-9550
Botticelli Inferno Wed 7:30 **Hidden Figures** Fri 12:10-3:10-6:20-9:30 Sat 12-3-6:20-9:30 Sun 12:40-3:40-6:25-9:30 Mon-Thu 4:30-7:30-10:25 **La La Land** Fri-Sat 12:40-3:50-7:10-10:15 Sun 12:30-3:50-7:10-10:15 Mon-Thu 4-7:10-10:10 **Lion** Fri 1:10-4:20-7:40-10:35 Sat 12:20-4:45-7:40-10:35 Sun 1:10-4:20-7:40-10:30 Mon-Tue 4:40-7:40-10:30 Wed 4:25-7:20-10:30 Thu 3:45-7:20-10:30 **Live by Night** Fri-Sat 12:50-4-7:30-10:35 Sun 12:50-4-7:30-10:30 Mon-Thu 3:50-7-10:05 **Manchester by the Sea** Fri 12-3:15-6:30-9:40 Sat 3:20-6:40-9:50 Sun 12:15-3:30-6:50-10 Mon-Tue 4:10-7:20-10:25 Wed-Thu 4:10-10:25 **Master** Fri 12-3:20-7-10:20 Sat 11:50-3:10-6:30-9:45 Sun 12-3:20-6:35-9:50 Mon-Thu 3:30-6:40-9:55 **National Theatre Live: No Man's Land Encore** Sat 12:30 **Patriots Day** Fri 12:20-3:30-6:40-9:50 Sat 12:10-3:30-7-10:10 Sun 12-3:10-7-10:10 Mon-Thu 3:30-6:30-9:40 **Rogue One: A Star Wars Story** Fri-Sat 3:40 Mon-Thu 3:40; IMAX Fri-Sat 1-4:10-7:20-10:30 Sun 1-4:10-7:20-10:25 Mon-Wed 4:20-7:25-10:30 Thu 4:20; 3D Fri-Sat 12:30-6:50-10 Sun 6:45-9:55 Mon-Thu 6:50-10 **Sherlock Season 4 Finale** Thu 7 **Sing** Fri 1:20-4:30 Sat 11:50-2:30-5:10 Sun 1:20-4:30 Mon-Thu 4:50; 3D Fri-Sat 7:50-10:25 Sun 7:40-10:20 Mon-Thu 7:35-10:15 **xXx: Return of Xander Cage** IMAX Thu 7:35-10:20

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Assassin's Creed Fri-Sat 1:30 Sun 1:45 Mon-Thu 1:20; 3D Fri 9:40 Sat 10:05 Sun 9:40 Mon-Thu 9:35 **Hidden Figures** Fri-Sun 1:15-4:10-7:05-10 Mon-Thu 1-4-6:55-9:50 **La La Land** Fri 12:30-3:30-6:40-9:50 Sat 12:30-3:30-6:45-9:50 Sun 12:30-3:30-6:40-9:50 Mon-Thu 12:30-3:30-6:45-9:45 **Long Way North** Sat 11 **Moana** Fri 3:50 Sat 4:30 Sun-Thu 3:50; 3D Fri 12:50-6:50 Sat 11-1:45-7:15 Sun 1-6:50 Mon-Thu 1:10-6:50 **Monster Trucks** Fri-Sun 5:10 Mon-Thu 4:40; 3D Fri-Sun 12-2:35-7:50-10:30 Mon-Thu 2-7:30-10:10 **Passengers** Fri 4:30 Sat-Sun 4:45 Mon-Thu 4:30; 3D Fri 1:45-7:30-10:15 Sat 11:15-2-7:30-10:15 Sun 2-7:40-10:25 Mon-Wed 1:45-7:20-10 Thu 1:45 **Patriots Day** Fri-Sat 12:40-4-7:10-10:20 Sun 12:45-4-7:10-10:20 Mon-Thu 12:50-4-7:10-10:15 **Rogue One: A Star Wars Story** Fri-Sun 12:15-7 Mon-Wed 12:40-7 Thu 7:10 Thu 12:40; 3D Fri 3:40-10:10 Sat 3:45-10:10 Sun-Wed 3:40-10:10 Thu 10:10 Thu 3:40 **Sing** Fri 2-4:40 Sat 11:30-2:15-5 Sun 1:30-4:20 Mon-Thu 1:30-4:10; 3D Fri-Sat 7:40-10:25 Sun 7:20-10:05 Mon-Thu 7-9:40 **Split** Thu 7-9:55 **Underworld: Blood Wars** 3D Fri 1-3:15-5:35-8-10:30 Sat 1-3:15-5:40-8-10:30 Sun 1-3:15-5:35-8-10:30 Mon-Thu 2:15-4:50-7:40-10:05 **Why Him?** Fri 4:20-7:20-10:05 Sat 4:20-7:20-10 Sun 4:30-7:30-10:15 Mon-Wed 4:20-7:10-9:55 Thu 4:20 **xXx: Return of Xander Cage** 3D Thu 7:20-10

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A week of dad jokes in Ireland

TRAVEL TRENDS

Boom in trips for grown-up clans, just pack your patience

Katrina Clarke
Torstar News Service

Wedged in the middle seat between my parents on a flight to Ireland, I turned to my mum and asked to take a look at her guide book.

"Oh now you want to know what we're doing," my mum teased. My parents had just planned our family vacation — our first as a family of adults.

It was my Vancouver-based sister, Carolyn, who proposed the idea. She is 26; I am 29. And while the four of us travelled frequently as a family when my sister and I were little — holidaying in New Zealand, Israel and Mexico — our travelling foursome splintered as we got older and busier and added significant others to the mix.

I was cautiously optimistic about this adult Clarkes-only trip and braced myself for inevitable bickering and personality clashes.

But we so rarely spend time together in Canada, let alone a week travelling, so this seemed like a great chance to reconnect.

The idea, it turns out, is part of a trend travel companies have noticed: more parents are going on trips with their grown children.

"With families scattered all over the place … it's getting harder and harder to get everyone together," said Lois Farley, product manager with Great Canadian Travel Group. "(Travel) is a way to keep the family together."

As for our family vacation destination, I fantasized about kayaking in South America or skiing in Japan. But my parents wanted a country that was close, safe and easy to explore. I gave up my hopes for a far-flung location and we all agreed on going to family friendly Ireland in November. I'd been there once before, but mostly to explore Dublin pubs, so I was excited to see the pastoral lands — the emerald parts of the Emerald Isle.

It was from there we left the planning to the parents.

It's not that my sister or I are incapable of planning vacations but this trip snapped us back into a pre-2000s family dynamic. We let our parents take the wheel. Literally, my dad drove us around Ireland.

For most of the time, the dad-in-charge and mum-navigating dynamic worked and I was happiest relaxing and documenting scenery on Snapchat. But there were moments of directional indecision when I missed my adult independence and wanted to grab the wheel or bark: "Wrong way!"

We landed in Dublin and spent the next few days travelling north, visiting a prehistoric tomb in Brú na Bóinne, then southwest, touring the crumbling Rock of Cashel. It was in rainy, cold Cashel that I had my epiphany: one of the best parts of travelling as an adult is being able to drink alongside my parents. Quaffing pints of Guinness in a pub, I was more peer than teen.

Katrina Clarke and her family, Glenn, Deb and Carolyn, take a selfie at a cliff along the Dingle Peninsula on the Atlantic coast of Ireland. KATRINA CLARKE

From Cashel we drove further west to Killarney's Land-Before-Time-esque national park — where we found happy middle ground between being a family with children and being a family with, well, adult children. My sister and I bit our tongues when our parents obsessed over GPS directions and our parents said nothing when we dozed in the car, missing the take-your-breath-away scenery.

After Killarney, we wound through green pastures to the Dingle Peninsula, walked along Inch Beach and snapped selfies at the edge of cliffs overlooking the Atlantic Ocean.

Looking back, if there was one take-away from the trip, it was that being an adult and acting like one are two different things. I didn't always succeed in the latter. For instance, after Donald Trump's election, I initiated downwards-spiralling, impassioned political arguments, my patience wore thin during long drives, and the more time we spent together, the more pronounced everyone's idiosyncrasies became to me; my ex-military dad demanding early wake-up calls, my mum needing to check out every stone carving and my energetic sister wanting next to no downtime.

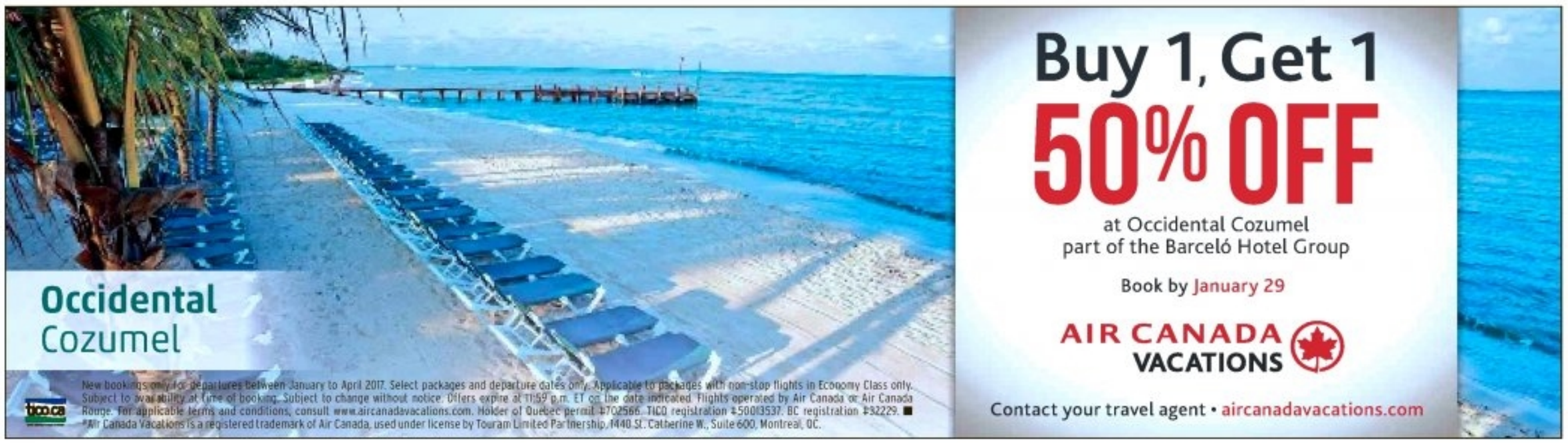
But our new family dynamic was fun.

We burst into laughter when the GPS spontaneously started talking in the hotel room, triggering our nerves after a long day of driving; my sister and I ribbed my parents when they wanted to be at the airport hours earlier than necessary, and we permitted ourselves a chuckle or two when my dad cracked corny jokes.

"You wouldn't want to be a guy named Ken there," he said as we drove past Kilkenny.

12%

G Adventures, a global adventure travel company based in Toronto, saw a 12 per cent increase in families travelling with adult kids between 2015 to 2016, while bookings for families with young kids over the same period increased by only five per cent.



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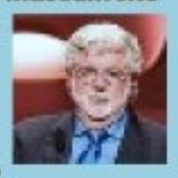
TRAVEL PITBULL FIGHT, LUCAS MUSEUM & TUBMAN PARK

Visit Florida to pay out CEO after Pitbull kerfuffle

Florida's tourism agency agreed to pay its outgoing president and CEO $73,000 U.S. amid the fallout from the state's secret deal with rapper Pitbull and a video for his song Sexy Beaches.. Visit Florida is hiring a former federal prosecutor as the new CEO. THE ASSOCIATED PRESS

L.A. beats San Fran for George Lucas museum site



Star Wars creator George Lucas has chosen Los Angeles over San Francisco as the home of a museum that will showcase his work. After what organizers called an extremely difficult decision, they said the museum will be built in Exposition Park in L.A. THE ASSOCIATED PRESS

Harriet Tubman park becomes a reality

U.S. federal parks officials have formally established the Harriet Tubman National Historical Park in upstate New York. The New York park will focus on Tubman's work later on in her life when she was an active proponent of women's suffrage and other causes. THE ASSOCIATED PRESS

CUISINE

Slovenia in the spotlight

A master chef is bringing attention to the cuisine of Melania Trump's homeland.

Ana Ros, who starred last year in an episode of the Chef's Table Netflix series, runs what some consider Slovenia's best restaurant in a remote village inn.

Slovenian tourism officials recently brought Ros to New York to showcase her culinary talents at a time when tourism in the country is booming, up to nearly three million tourists a year in a country of two million people.

Ros heads the kitchen in an inn called Hisa Franko. Her ever-changing menu there reads like no other, to name just a few dishes: fried white asparagus with celery cream; arctic char with wild berries and buttermilk; pasta filled with whipped cheese from sheep in nearby pastures, served with langoustines and mushrooms; and pork and lobster with ginger and pickled garlic on a bed of ancient Indian herbal leaves.

Ros' husband, cheese and wine expert Valter Kramar, inherited Hisa Franko and a small farm from his father. The inn is located in the remote village of Kobarid, in the western part of the country, surrounded by pine forests in the emerald Soca River Valley. It was here that Ernest Hemingway set part of his World War I novel, A Farewell to Arms.

Top chef Ana Ros heads the kitchen at Hisa Franko in a remote Slovenian village. The tiny nation of two million is now hosting nearly three million tourists a year. SLOVENIAN TOURIST BOARD

Ros and Kramar have travelled the world, blending global tastes and techniques with ingredients from local fields and their own vegetable garden. In some ways, Ros' menus reflect the cross-currents that define Slovenia, nestled as it is between Italy, Austria, Hungary and Croatia.

When Melania Trump was a student in Ljubljana in the 1980s, the city was rocked by punk rebels and activists impatient to shake off the vestiges of drab socialist bureaucracy. Slovenia was mostly spared in the brutal civil war that followed independence from Yugoslavia of other republics farther south.

Now, Ljubljana is a lively metropolis of about 300,000 residents, but the city's roots go back to prehistory: A museum displays the earliest wheel used by humans in the area, before the ancient Romans arrived. THE ASSOCIATED PRESS

metro SPORTS

Justin Thomas joined the PGA Tour's "59 Club" by making a 15-foot eagle on his last hole at the Sony Open in Honolulu for an 11-under 59

'I don't even care': Bryant past notorious no-catch

NFL PLAYOFFS

Cowboys have chance to avenge loss two years ago

Dez Bryant still gets stopped all the time by people who are sure the officials blew the replay on the Dallas receiver's famous catch that wasn't in a playoff loss at Green Bay two years ago.

And the 2014 All-Pro figures if the Cowboys go on to win the Super Bowl as the top seed in the NFC, that play will be what fans want to talk to him about. Even if he wins another Super Bowl next year. And so on.

"Even if we were to win four or five Super Bowls, people still going to be like, 'He still caught it,'" Bryant said. "That's what it's going to be."

The Cowboys (13-3) get a divisional-round rematch with the Packers on Sunday, this time at home. And while Bryant knew from the moment Green Bay (11-6) beat the New York Giants last weekend in the wild-card round that the disputed play would dominate the conversation, he's playing the part that coach Jason Garrett would prefer.

"I don't even care," Bryant said when asked if that moment was his first thought after the Packers won. "That was 2014. There's no extra motivation, there's no nothing. If there's any motivation it's just to prepare better than the last time."

The most notable change for the Cowboys since then is at quarterback, with rookie Dak Prescott winning 11 straight games in the regular season to take Tony Romo's job once Dallas' 10-year starter was ready to return from a pre-season back injury.

Back then, Romo gambled on fourth-and-2 from the Green Bay 32 with 4-1/2 minutes remaining. Bryant made a leaping grab over Sam Shields around the 2 and lunged for the end zone. What happened with the ball will be debated forever, some saying Bryant had control throughout the catch, others saying the ground jarred it loose briefly.

Referee Gene Steratore had the only opinion that mattered, and he ruled upon review after the play was called a reception that Bryant didn't control the ball all the way through the catch.

"There's a lot of emotion that goes into that play and that moment," said tight end Jason Witten, the first to greet Bryant in the end zone when the Cowboys thought they had a first down inside the Green Bay 1.

"What a play by him. What's a catch, what's not a catch? I just don't think any one moment like that can define any of us. Certainly we all reflect on it and look back on it. It probably hardened us some. Know what? Nobody cares. We're two years later. But it's a great example of just the margin at this point and this time of the season."

THE ASSOCIATED PRESS

DIVISIONAL SKED

SATURDAY

Seahawks at Falcons, 4:30 p.m.
Texans at Patriots, 8 p.m.

SUNDAY

Steelers at Chiefs, 1 p.m.
Packers at Cowboys, 4:30 p.m.

Dez Bryant attempts to haul in a catch against the Packers' Sam Shields on Jan. 11, 2015 in Green Bay. Initially ruled a catch, the call was reversed upon review. MIKE MCGINNIS/GETTY IMAGES

Yeah, of course it was tough. It was heartbreaking. It ended our season.

Cowboys wide receiver Dez Bryant

IN BRIEF

Chargers relocating after 56 years in San Diego

The San Diego Chargers are moving to Los Angeles, where they will join the recently relocated Rams to give the U.S.'s second-largest media market two NFL teams for the first time in decades.

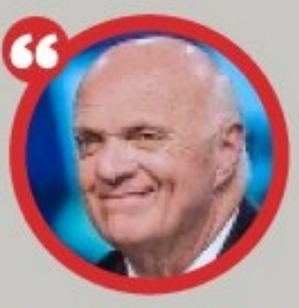
The team will relocate for the 2017 season.

THE ASSOCIATED PRESS

TFC gets rematch in May

Toronto FC will have to wait until May to get a chance to avenge its loss in the MLS Cup.

Major League Soccer released its full 2017 schedule Wednesday, and one of the highlights is a match between Toronto and Sounders FC on May 6 in Seattle. THE CANADIAN PRESS



I would say we're a little ahead of where we might have thought we could (be).

General manager Lou Lamoriello whose young Maple Leafs are on pace for 93 points, a substantial 24-point jump from last season.

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Lucas Nogueira and the Raptors host the Brooklyn Nets Friday and the New York Knicks Sunday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Reaching new heights

NBA

'Sky is the limit' for Raps' backup 'Bebe'

After riding the bench for most of his first two NBA seasons, Toronto Raptors centre Lucas (Bebe) Nogueira made some changes on and off the court.

He started going to bed early, hit the gym more often and improved his work ethic. Nogueira doesn't go out as often and has completely stopped drinking alcohol.

Motivated by the arrival of his baby daughter, Nogueira is showing some of his potential in a more prominent role averaging over 20 minutes per game this season.

"The sky is the limit for the kid because he's got a lot of God-given talent," said Raptors coach Dwane Casey. "He just needs to make sure he continues to work at it, to seriously approach his job in that way because he's a great kid. He's a lovable kid, all of his teammates love him, the coaches love him."

> **When he left, he told me to go get it because this is going to be my year.**
> Lucas Nogueira on former teammate Bismack Biyombo

Nogueira said he's injury-free and has much more energy this season to make better use of his seven-foot, 220-pound frame.

Serving primarily as a backup to Jonas Valanciunas, Nogueira is averaging 4.6 points, 4.7 rebounds and 1.8 blocks while offering a lively, energetic presence to his teammates.

"My focus is to keep playing and having fun because I've been sitting on the bench for a long time," Nogueira said Thursday after practice at the BioSteel Centre. "Now my chance is coming, so I want to take advantage of this."

The 24-year-old Brazilian made six appearances for the Raptors in 2014-15, played in 29 games in 2015-16 and is already at 31 appearances, including a pair of starts, in the current campaign.

His eyes really light up when he talks about his seven-week-old daughter, Stella.

"My daughter made me change," Nogueira said. "I saw my career going down. Two years you sit on the bench, the chance (may) never come. During the summer, I realized it wasn't the coach's fault. It was my fault. I (wasn't) doing the extra (work) or doing the right things to (stay) on the court. I realized in the summer and I put in the work in the summer because I knew the chance was going to be coming, and now I'm so happy that things are going well." THE CANADIAN PRESS

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West Ham star midfielder Dmitri Payet. GETTY IMAGES

Payet in Bilic's bad books

PREMIER LEAGUE

West Ham ace 'does not want to play for us' says boss

West Ham is standing firm against Dimitri Payet's request for a transfer, refusing to sell the English Premier League team's star player.

"I am feeling let down and angry," manager Slaven Bilic said on Thursday as he revealed Payet no longer wants to play for West Ham.

But Bilic urged the France midfielder to show the same "commitment and determination" West Ham did by giving him a new contract through June 2021 last year.

"We gave him a long contract because we want him to stay," Bilic said. "We have said we don't want to sell our best players but Dimitri Payet does not want to play for us. We are not going to sell him.

"That's why we gave him a long contract, and then a new contract four months later. I phoned him with that and he refused to play for us."

The 29-year-old Payet joined from Marseille in June 2015 and made a huge impact on the club last season, helping it to finish seventh in the Premier League with his array of tricks and goals from free kicks.

This season, his performances have dipped and West Ham is in 13th place in the 20-team Premier League, as it endures a difficult start to its tenancy at the Olympic Stadium in London.

Still, Payet's outstanding performances from last season and his rare ability to win games make him highly sought after.

"He's probably been tapped up by some clubs or whatever," Bilic said. "I have spoken to the club, the chairman and the vice chairman. It's not a money issue. We want to keep him. That's it."

Although Bilic is adamant that Payet will stay, he is leaving him out until further notice.

"Until he changes his attitude he is out of the team and he's not going to train with us. But we are not going to sell him," Bilic said. "I expect from him to come back and to show commitment and determination to the team like the team has shown to him."

On the back of his performances last season, Payet broke back into the France team and was a key player in the side that reached the European Championship final, losing to Portugal in extra time. He scored three goals at Euro 2016, further raising his profile.

THE ASSOCIATED PRESS

SOCCER

Hillsborough disaster charges pending

British prosecutors will consider criminal charges against 23 suspects following separate investigations into the Hillsborough Stadium disaster in 1989 in which 96 soccer fans were killed.

The charges under consideration include manslaughter and perverting the course of justice as a result of an alleged coverup by police. The two inquiries were launched following the publication of the Hillsborough Independent Panel report in 2012, which exposed the failure of emergency services and public bodies to deal with the tragedy and the extent of the police coverup.

A statement released on behalf of the two independent investigations said 15 of the suspects came from the inquiry into the causes of the disaster, while eight came from the inquiry into the alleged coverup. The fans were crushed to death in a crowded stand at an FA Cup semifinal between Liverpool and Nottingham Forest.

THE ASSOCIATED PRESS

SOCCER IN BRIEF

United's Schneiderlin signs for Everton in $24M deal

France midfielder Morgan Schneiderlin ended a poor 18-month spell at Manchester United by signing to Premier League rival Everton for an initial fee of 20 million pounds ($24.5 million) Thursday.

Meanwhile, new Swansea boss Paul Clement signed Dutch winger Luciano Narsingh from PSV for 4 million pounds ($4.9 million).

THE ASSOCIATED PRESS

Madrid beat Barca record to make it 40 games unbeaten

With a remarkable injury time goal, Real Madrid salvaged a 3-3 draw against Sevilla in the Copa del Rey to set a Spanish record of 40 consecutive games unbeaten on Thursday.

Madrid had its spot in the Copa quarterfinals secured in Seville when Karim Benzema fired home late on. Madrid advanced 6-3 on aggregate. THE ASSOCIATED PRESS

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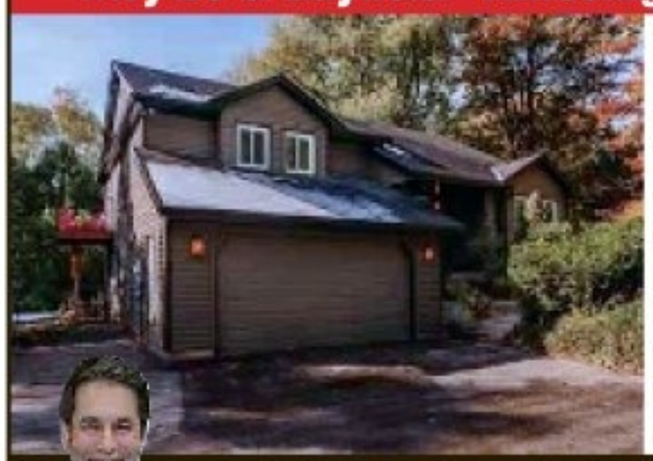

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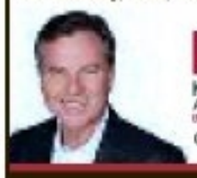

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MAKE IT TONIGHT

Simple Roasted Pork Tenderloin with Sweet Potatoes and Apples

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Celebrate with a proper roast dinner. This one-pan recipe is simple to make — and clean up!

Ready in 1 hour, 5 minutes
Prep time: 15
Cook time: 50
Serves 4

Ingredients
- 3 Tbsp Dijon mustard
- 3 Tbsp maple syrup
- 2 Tbsp apple cider vinegar
- 1 large apple, peeled, cored and chopped into 1/2 inch wedges (use a firm apple)
- 2 tsp thyme, finely chopped
- 1 smallish sweet potato, peeled and chopped into 1/2-inch discs
- 1 onion, peeled and sliced into 1/4 inch rounds
- 1.25 – 1.5 kg pork loin
- Salt and pepper

Directions

1. Preheat oven to 425 degrees. In small bowl, mix 1 Tbsp Dijon, 1 Tbsp maple syrup, 1 Tbsp vinegar.

2. Assemble apples and vegetables in two rows in a roasting pan, alternating onion, sweet potato and apple. Brush marinade over everything. Roast 25 minutes.

3. Mix rest of Dijon, syrup, vinegar and thyme. Season pork with salt and pepper then brush marinade all over. Take roasting pan out of oven and place loin between the two rows of fruit and veg. Place back in oven 20 to 25 minutes. The internal temperature of pork should be between 140 and 145 degrees.

4. Take everything out and cover with foil for 10 minutes before slicing the pork and serving.

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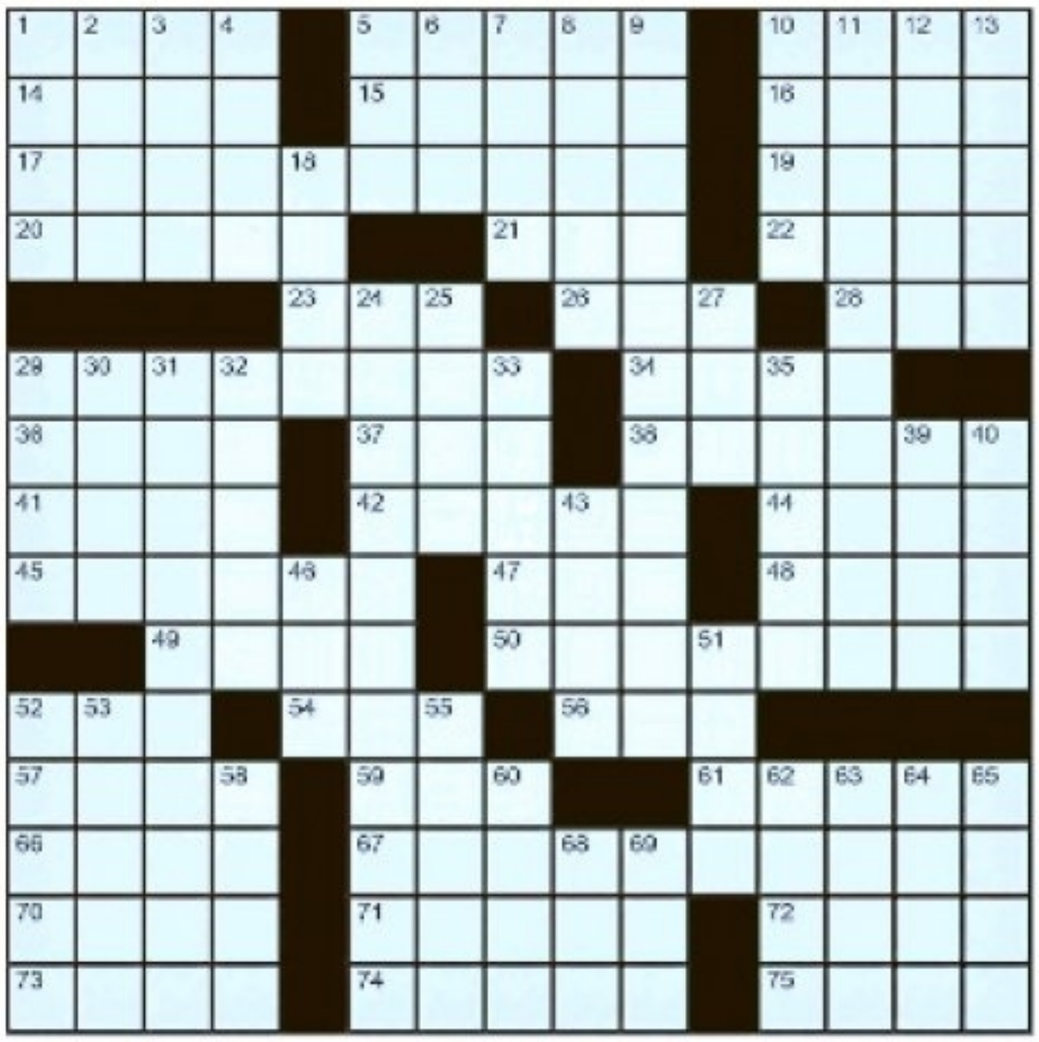
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Economist Mr. Greenspan
5. Alberta town just south of Edmonton
10. Loot
14. Singer/songwriter JJ
15. Ancient Greece's lyrical Muse
16. Mr. Gaston, Toronto Blue Jays championship Manager
17. Retro magical TV show featuring the dragon puppet of the title, "_._. _"
19. Virginia willow
20. Portrait propper-upper
21. Fido's sound!
22. Gulf War missile
23. Seer's skill, shortly
26. Prefix with 'classical'
28. Some printers, e.g.
29. Star of #17-Across who played The Artful Dodger in "Oliver!" (1968): 2 wds.
34. Mr. Morales
36. "Son of _ _!"
37. Sonny & Cher
38. Artist-style hats
41. Sly tactic
42. TV star Ed
44. 5th Dimension's "_, _ and Away"
45. Lustrous fabric
47. Mining extract
48. 'The Big Easy'
49. Awful smelling
50. It's not pyrite: 2 wds.
52. Offshoot
54. Monogrammed star of "Buffy the Vampire Slayer"
56. Caribbean music
57. Smashes
59. The Altar constellation
61. Ancient Greek colony
66. Moonfish
67. Stars grace them during awards season: 2 wds.
70. 'Noon' in Montreal
71. Danny Zuko, e.g., in "Grease" (1978)
72. Level
73. Seaport of Yemen
74. Himalayas' fabled creatures
75. Fictional detective Mr. Wolfe

DOWN
1. Pine
2. Ms. Flynn Boyle
3. Swiss peaks
4. Art museum in Manhattan, _ Galerie
5. Canadian actor Mr. Cariou
6. Hmmms...
7. Spreadsheet info
8. Motorist's about-face
9. Workday rest period: 2 wds.
10. Friends of '-Fis'
11. Character on #17-Across who got around via her Vroom Broom
12. Totally consumed: 2 wds.
13. Provokes
18. Travelled via air
24. The Krofft Brothers from Montreal who produced the live-action/puppetry series at #17-Across: 3 wds.
25. Positive
27. Sugary suffix
29. Jams containers
30. Water, in Seville
31. Bespoke
32. Prepare to pray
33. Giver
35. Go up _ _ (Step higher on the ladder)
39. Jethro _ (British rock band)
40. WWI fighter plane
43. '70s Spanish hit: "_ Tu"
46. '_' _ for Edmonton
51. Lion's retreat
52. Roses attraction
53. Swift
55. Loon-like bird
58. _ pads (Hockey gear)
60. Mine entrance
62. Welcoming
63. Ms. Campbell
64. Old road of Rome
65. "It should come _ _ surprise that..."
68. Dernier _ (Latest fashion)
69. Newspaper notices [abbr.]

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you are high-viz in the eyes of parents, bosses and VIPs right now, ask for what you want. It will be easier than you think to get people in power to say "yes" to your wishes.

Taurus April 21 - May 21
Explore opportunities to travel and get further education, because this is what will expand your world. Expanding your world is what you need to do this month.

Gemini May 22 - June 21
It's only natural that your focus is on shared property, inheritances, insurance issues and debt at this time. You have good ideas about these areas.

Cancer June 22 - July 23
You might have some unexpected insight into your closest relationships with others at this time. In fact, you can learn a lot about your own style of relating if you are aware.

Leo July 24 - Aug. 23
You're willing to work hard now, because you're setting high standards for yourself. No slackers allowed! You want efficiency, effectiveness and productivity.

Virgo Aug. 24 - Sept. 23
You're in touch with your creative vibes now, which is why you will enjoy exploring this energy. Meanwhile, sports events and playful times with children will appeal.

Libra Sept. 24 - Oct. 23
Your conversations with a parent could be significant now, because there are changes that you are planning at home. You don't like to be caught off guard. You want to know what you're doing.

Scorpio Oct. 24 - Nov. 22
You want to be stimulated by short trips and conversations with others. You're full of ideas and you want to share them; plus, you want to hear what others think.

Sagittarius Nov. 23 - Dec. 21
Cash flow and your assets are a concern right now. When you're making big plans, power is money. The question is, how much power do you have?

Capricorn Dec. 22 - Jan. 20
You are blessed now because the Sun is in your sign, boosting your energy and bringing opportunities and important people to you. Use this blessing wisely.

Aquarius Jan. 21 - Feb. 19
It behooves you to work alone or behind the scenes right now. You also might want to plan what you want your new year to be all about.

Pisces
Feb. 20 - March 20
Friendships are important to you now. Your interaction with someone younger might help you make some future goals.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			4	5	1	6	8	
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		3			7			2
6				4		3	7	9
9			2		3			5
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2			7					
	7	4	9	3	2			

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6	4	5	3	2	9	7	1	8
3	7	1	4	6	8	5	2	9
9	8	4	7	5	2	3	6	1
5	2	6	9	3	1	8	4	7
4	1	3	5	7	6	9	8	2
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8	6	7	2	9	4	1	3	5

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